

Stewart/Hunter Lifestyle

3/3 Avn invite Families to training



Photos by Nancy Gould

Sgt. Judith Beltowski, helo mechanic, 3/3 Avn., explains to her niece, Shannon Pennington, about the AH 64 Apache during Family Day Oct. 7. Beltowski's mother, Marcia; father, John and sister Joy Pennington watch while standing next to the helicopter.

Soldiers and their Families walk to watch training during 3/3 Aviation's Family Day Oct. 7 at Fort Stewart.

Nancy Gould
Hunter Public Affairs

The rain held off as Family members traveled down muddy roads in humvees to the 3rd Battalion, 3rd Aviation Regiment's field training site at Fort Stewart Oct. 7. It was the first opportunity that many wives, husbands, fathers and mothers had for a close up look at how their Soldiers live and work in the field while away from Hunter Army Airfield.

An hour earlier, the group assembled at the Multi-Purpose Range Complex on Fort Stewart to watch an AH-64 Longbow Apache fire down 70mm rockets and 30mm rounds from a chain gun mounted to the lethal aircraft's 2.75 inch snout.

Pilots and Soldiers paused from two weeks of day/night annual qualification training on the aircraft to show Family members their operational expertise in protecting our ground forces and getting the "bad guys" in the global war on terror.

Heather Ketchmark, whose husband, Sgt. Daniel Ketchmark, 3rd Bn., 3rd Avn. Reg., loads and tests rockets fired from Apaches, watched the demonstration with her three children, ages 4 years, 2 years and 2 months.

"My four year-old knows that dad is going to Iraq to get the bad guys," said Ketchmark.

"It was worth the effort it took to get the kids up and out here. They were curious about where Dad's been this last week."

Other spouses, such as Susan Corson, wife of Lt. Col. Michael Corson, 3/3 Avn. commander was also curious.

"After all these years in the Army I finally get to see my husband's workplace in the field."

It was the first Family Day for the 400 Soldiers and their Families in the battalion since the summer of 2006, according to Lt. Col. Corson, who was pleased with the enthusiasm from Soldiers and Family members about the event.

"We do all the aspects of our mission here that we do at Hunter," he said. "Families can see how we live and work, and they can see Apache helicopters and what they do. They also see how the entire battalion moves in the field, how Soldiers shower, get meals, everything."

After traveling to the assembly area, Family members were allowed to be escorted throughout the camp by their Soldiers. Companies were set up separate from each other, each with its own command posts, according to Maj. David Moga, 3/3 Avn. executive officer.

Ground and maintenance platoons were also set up; a tactical motor pool; a Forward Arming Refueling Site (FARP) and a tactical operations center for security.

At the far end of the camp, six Apache helicopters were parked in a row lined up in a row to face a protective berm. Soldiers without visitors continued maintenance on some aircraft, while Soldiers showed off the remaining aircraft to Family members.

At the end of the day, a light drizzle fell as Families filed into the "mess" tent for hotdogs and hamburgers. As one Soldier ran for cover after lightening cracked in the distance, he shouted to the group, "now you're playing Army."



Soldier's son wins \$11,000 AAAA scholarship

Pfc. Monica K. Smith
3rd CAB Public Affairs

CAMP STRIKER, Iraq – Funding higher education is a concern for many parents and students. Chief Warrant Officer Art Gribensk, brigade aviation maintenance officer for the Combat Aviation Brigade, 3rd Infantry Division, made a suggestion to his son, Arthur, as he neared graduation from high school: apply for a scholarship with the Army Aviation Association of America

"I really didn't have to do anything except order the form from AAAA," said Arthur. "Each person is judged on his or her academic record and teachers' evaluations, so no essays are involved."

At the end of August, Arthur received a call from his mother telling him he had won one of the AAAA Scholarships, the Joseph P. Cribbins Scholarship, which would award Arthur \$11,000.

"I felt ecstatic," said Arthur. "I mean, it was an \$11,000 scholarship for (the University of North Carolina at Chapel Hill). I won't say it solved all of my money problems, but it definitely

made the future much brighter, especially knowing I would be in much less debt, and, let's face it, that looms in the future of all college students."

Arthur called his father who had missed his high school graduation due to deployment. By this time Gribensk had forgotten about the application for the scholarship. When he received the call, Gribensk was shocked.

"I was floored," said Gribensk. "I wrote AAAA to thank them. He did very well in school, he was in the National Honor Society and was a North Carolina Scholar, and luckily all his hard work paid off and being a member of AAAA paid off."

Arthur is now a freshman at UNC majoring in biology and theater with hopes of becoming a doctor. Arthur's academic potential and creative abilities matched the scholarships criteria. The scholarship is unique in that it evaluates not only academic achievements and potential but also the individual's personality and character.

"One of the topics on the teacher evaluation was "sense of

humor," said Arthur. "This scholarship promotes creating leaders in the real world, not just number crunchers with excellent grades. So, my advice to anyone applying is that although school is important, don't take the small things for granted. Go hang out with your friends, watch a movie once in a while, and take life a little less seriously. It's okay to be yourself and goof around because there are scholarships like the AAAA out there so, be a leader, but don't be stolid and obstinate. It's okay to make a joke."

The Army Aviation Association of America Scholarship Foundation awards scholarships and interest-free loans annually to members of AAAA, their spouses, unmarried siblings, unmarried children, and unmarried grandchildren of current and deceased members. Some scholarships are specifically reserved for enlisted Soldiers, warrant officers, company grade officers, and Department of the Army civilian members.

To learn about scholarships available to Soldiers and Family members contact an educational counselor at the Sgt. 1st Class Paul R. Smith Education Center at 767-0709.

Buy up, earn 9-to-1 return for your education money

Robin Ellert
Education representative

Once you leave the service and start college, you will want to start collecting your Veterans Administration benefits.

Here's a way of increasing your monthly income. You can enhance your Montgomery GI Bill (MGIB) by as much as \$5400! The VA's Buy UP program is where you can put in any amount up to the maximum of \$600. Your benefits will increase by \$5 for 36 months for each \$20 contributed.

For example, if you contribute the entire \$600 amount, your MGIB benefit will increase by \$150 a month. Current MGIB veterans' benefits for

full-time school enrollment are \$1101 per month for a three-year or longer term of enlistment. This additional contribution would result in a total monthly benefit of \$1251.00. If you use all 36 months, this would add \$5,400 to your MGIB.

The ability to contribute to this program is dependent on meeting the following criteria:

- You first entered active duty on or after 1 July 1985 and enrolled in the MGIB in the first two weeks of active duty.
- You are eligible for the MGIB.
- You are on active duty.

In order to see if you qualify, you should see your Army Learning Center education counselor to confirm eligibility.

You will then be required to complete and sign

a Department of Defense Form 2366, Montgomery GI Bill Act of 1984.

The DD Form 2366 will then be hand carried by you to your local finance office in order to process the payment documents.

You can contribute any amount \$20 or over. Soldiers usually choose payroll deductions of six to 12 payments.

You may also make a lump-sum payment of up to \$600. Only cashiers checks or money orders are accepted. You must safeguard the DD form 2366 and proof of payment, as va will require that documentation when you apply to use your MGIB benefits!

The main catch for this program is that the money must be contributed prior to leaving active

duty. You can make payment or deduction arrangements at your final finance appointment. However the Department of Finance and Accounting Services does not allow deductions to come out of your last leave and earning statement.

This program is not open to servicemembers who enrolled in MGIB by reason of involuntary separation, who converted to MGIB from Chapter 32, Veterans Education Allotment Program, or Chapter 34, Vietnam Era GI Bill, or who enrolled during the open period from December 1, 1988 to June 30, 1989, according to www.gibill.va.gov.

If you have more questions, call the education professionals at Fort Stewart 767-8331 or at Hunter 315-6130. Remember, education makes a good soldier better!



Nancy Gould

Musical group, "Between 9 and 7" perform a number of songs at the Savannah Jazz Festival Sept. 28 in Forsyth Park, which was attended by hundreds of Soldiers, Families, and community members.

Savannah Jazz Fest jams out, honors local military Soldiers

Nancy Gould
Hunter Public Affairs

The 3rd Sustainment Brigade Color Guard officially opened performances for Military Appreciation Night at the 26th Savannah Jazz Festival in Forsyth Park Sept. 28.

Following the color presentation and remarks to honor service members, the mellow sounds of smooth and contemporary jazz began filling the night air.

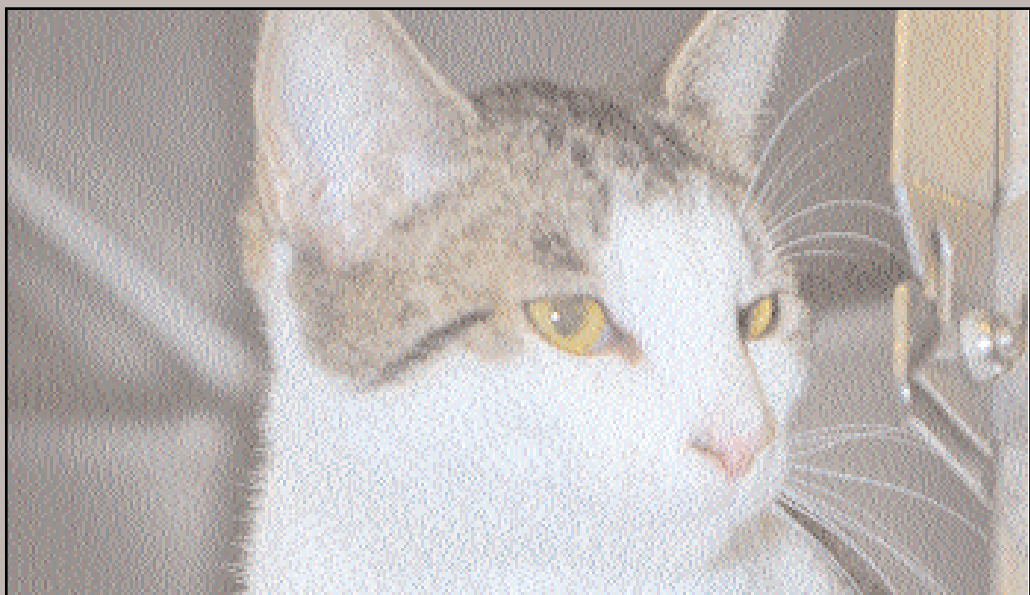
Between performing groups, the names of Soldiers, Marines and other military prize winners were announced to the sprawling crowd of jazz lovers seated on blankets and in lawn chairs. Besides the military community, the park was filled with civilian students, moms, dads and grandparents who sat listening to free performances by well-known jazz groups— Between 9 and 7; Dee Lucas; and The Yellow Jackets.

In addition to the music, Spc. Kevin Bellinger, Headquarters and Headquarters Company, Special Troop Battalion, 3rd Sustainment Brigade, got another perk at the concert. He had registered for one of several prizes to be given to military service members and won one of two barbecue grills. Spc. Reinaldo Lopez, 3rd Signal Company, Special Troop Battalion, 3rd Sustainment Brigade, also won one of two \$25 gift certificates. Both gifts were donated by the Hunter Army Airfield Commissary.

Additional prizes awarded to service members at the concert included a \$1,000 scholarship from Embry Riddle University, two Air Tran Airway tickets, a floor lamp from Home Depot and more.

The week-long festival, held this year Sept. 23 - 30, is one of the largest and most popular of the Savannah festivals. Presented by the Coastal Jazz Association, it is dedicated to the growth of jazz and jazz audiences in the Coastal Empire.

Pets of the Week



Queenie and Benson are two of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



MWR Briefs

Attend the job orientation class

Learn what the Family Readiness Employment Program (FREP) has to offer 9:30-11:30 a.m., today at the Sgt. 1st Class Paul R. Smith Education Center.

Get an employment overview within a 50-mile radius. You can also learn about current job vacancies.

For more information, call 767-1257.

Join the fun at CYS Family night

Family Night is back 5:30-7 p.m., today at the Youth Center, building 7338. It's fun for the whole Family.

There will be children's activities, mini-workshops: gang awareness, parent teacher conferences, student portfolios; and massage/pampering services for parents.

Reserve space for you and your Family. The event has free childcare. Register through Child and Youth Services. Dinner is provided.

For more information, call 767-4494.

Visit the 2007 College Probe

Over 70 college and technical school representatives will be on hand 9 a.m. to noon, today at Club Stewart in the ballroom. The event is open to high school students, Soldiers and Family members. Financial assistance information is available. For more information, call 767-4491.

FRG leader training available

Family Readiness Group leaders come together to hear topics and discuss items of interest pertaining to Family readiness 9:30-11:30 a.m., Friday at the Family Readiness Center, building 87. For more information, call 767-1257.

It is Teen Night at Club Stewart

Join the fun at Rockets, 7-11 p.m. Saturday and Oct. 20 at Rockets, Club Stewart.

The event is closed to Soldiers and is open to Family members, ages 13-17 with military identification cards. Only one guest allowed.

Everyone will be checked for ID and will be required to wear a wrist band. A variety of music will be played by a disc jockey.

The event offers hot dogs, wings, nachos, chips, soda and energy drinks for sale.

A pool table, foosball and big screen TV are available in the headlights room. Extra facility staff will be present and conduct codes will be strictly enforced.

There is a \$5 cover charge. For more information, call 368-2212.

Co-ed fall softball league begins

Co-ed softball begins 6 p.m., Oct 15 at the sports complex, building 471.

The league is open to active duty military and Family members, retirees, Department of the Army civilians and civilians.

Teams are limited to 15 players, including coaches. The sign-up deadline is Oct. 5. The cost is \$250 per team. For more information, call 767-9795/8238.

Enjoy a Sweetest Day at Corkan

Come and let Corkan staff recognize you as "Our Sweetest" with a special treat Oct. 15 at all Corkan facilities. For more information, call 767-4273.

Baby talk hour group at Hunter

First time parents with infants (up to

12 mos) explore parenting experiences and learn about infant development, caring for baby and self, deployment, and much more 10-11 a.m., Oct. 16 at Army Community Services, New Gannam Community Center.

See an infant massage demonstration and more. Babies welcomed. For more information, call 315-2746.

Learn to make meals in minutes

Learn tips for expecting parents and parents with young children at Hunter 10 a.m. to noon, Oct. 17 at the Army Community Services, building 1286.

The event is part of the new parents support program. Gloriel Ray from Expanded Food and Nutrition Education Program presents tips on making healthy food choices for young children and expecting mothers.

Learn about the food pyramid, planning low cost nutritious meals and prepare quick and healthy meals.

There will be food preparation demonstration and the event is free. For more information, call 315-2746.

Join the Costume Walk to Iraq

Join the fun and show your Soldier support Oct. 27. The walk will be 5 p.m., at Newman, and 9 a.m. at Hunter fitness centers. The event is part of the Walk to Iraq and Back Program.

The walk will be along different routes through both installations in support of our Soldiers who are deployed to the Middle East.

Prizes will be awarded for the best costume. For more information, contact your Family readiness group leader.

Visit the Post-wide yard sale

Take advantage of great deals 8 a.m. to 2 p.m. Oct. 27 at Club Stewart parking lot and various homes throughout on-post housing.

Spaces are available at the Club Stewart location for \$5 a space. Eligible to sell are active duty military, Family members, National Guard, reserves, retirees and Department of the Army civilians.

The public is invited to attend. All items are eligible to be sold, except for weapons, food, and retail items, such as, Avon, Tupperware, etc. Spots are limited, reserve your space today!

Registration deadline is Oct. 26. For more information, call 767-8238.

Mommy-and-Me Tumbling offered

Tumbling classes are offered every Wednesday at Jordan Gym from 9:30 - 10:15 a.m., for ages 1 - 2, and from 10:30 - 11:15 a.m., for ages 2 - 4. Sports physicals are required for all participants. Register by calling 767-6071.

Hunter Charity Golf Classic

The Hunter Army Airfield golf course will be open 7 p.m., Oct. 13 for the Honor, Strength, and Courage Charity Golf Classic.

The cost is \$100.00 per player. Contact Alison McKinneny, 398-6915, for more information.

Tumbling classes offered at CDC

Tumbling classes for children ages 2 and older are available at the Child Development Center, building 403, every Tuesday from 9 - 9:45 a.m. Children must be registered through Child Youth Services. For more information about CYS classes, call 767-2312.

AAFES PRESENTS

OCT. 11 TO 17

Death Sentence

Today — 7 p.m.
(Kevin Bacon, Aisha Tyler)

Nick Hume is a mild-mannered executive with a perfect life, until one gruesome night he witnesses something that changes him forever. Transformed by grief, Hume eventually comes to the disturbing conclusion that no length is too great when protecting his family. *Rated R (brutal violence, language) 97 min*

Balls of Fury

Friday, Saturday — 7 p.m.
(Dan Fogler, Christopher Walken)

In the unsanctioned, underground, and unhinged world of extreme Ping-Pong, the competition is brutal and the stakes are deadly. Now, this outrageous new comedy serves up this secret world for the first time on-screen. Down-and-out former professional Ping-Pong phenom Randy Daytona is sucked into this maelstrom when FBI Agent

Rodriguez recruits him for a secret mission. Randy is determined to bounce back and recapture his former glory, and to smoke out his father's killer one of the FBI's Most Wanted, arch-fiend Feng. *Rated PG-13 (crude/sex-related humor, language) 90 min*

Mr. Beans Holiday

Sunday — 7 p.m.
(Rowan Atkinson, Willem Dafoe)

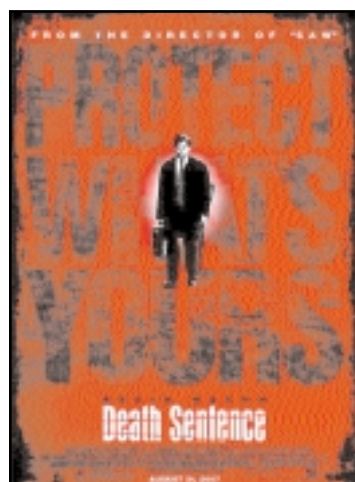
In his latest misadventure, Mr. Bean – the nearly wordless misfit who seems to be followed by a trail of pratfalls and hijinks – goes on holiday to the French Riviera and becomes

ensnared in a European adventure of cinematic proportions. Tired of the dreary, wet London weather, Bean packs up his suitcase and camcorder to head to Cannes for some sun on the beach. But his trip doesn't go as smoothly as he had hoped when the bumbling Bean falls face first into a series of mishaps and fortunate coincidences, far-fetched enough to make his own avant-garde film. *Rated G 88 min*

The Brothers Solomon

Wednesday — 7 p.m.
(Will Forte, Will Arnett)

Good-hearted and well-meaning, but socially inept and clueless about the ways of women, the brothers Solomon would like to grant their dad his dying-wish – and provide him with a grandchild. *Rated R (language, sexual content) 91 min*



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.

Living the Army Values Begins with Leadership

Chap. (Capt.) Tom Allen
Winn Army Community Hospital

If you take the first letter of each of the Army Values (Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage), you can form the acronym LDR-SHIP. Perhaps it is appropriate that as we think of values we relate them to leadership, and vice versa.

The very first value that I was introduced to in basic training was "leadership". We have all heard the saying, "Everything rises and falls with leadership." Leadership is the key to every military mission. It starts from the very first steps in planning and is essential every step of the way until execution of the plan. What is leadership? What does it look like? If I were to describe leadership in a word, I would use the word "influence." A

leader has influence. Leadership is not just position. I know countless men and women who have a position of leadership yet they are not leaders. They do not influence those under their charge and no one really wants to follow them. In the army we can exert the power and authority of our rank and position to get things done, but this is not leadership in its best expression. Harry S. Trumann said that "leaders are people who can get others to do what they don't want to do and make them like doing it!" That sounds like leadership with influence to me.

The best leaders are servants. Those who place others and the mission above their own selfish needs make the best leaders. It is the servant who cares more for others than himself that carries the real influence. Just because you are in charge will not necessarily make you a leader. I once heard John Maxwell

say that "If you think you are a leader and yet no one is following you, you are only taking a walk." When we begin to realize that leadership is about servant hood and influence, and using our position and rank to help others then and only then do we really begin to lead people. I don't know about you, but I don't want to take a walk alone, I want to lead and influence as many people as possible in the life that God has given to me. Are you a leader? Look behind you and see who is following.

Over the next several weeks, we will be taking a look at some ways in which these Army Values relate to our lives, particularly our spiritual lives. As you think in turn of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage, determine how each of these traits makes you a better Spiritual Leader . . . a Servant Leader.



CHAPLAIN'S CORNER

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	.9 a.m.
Saturday Mass	Heritage	.5 p.m.
Protestant		
Contemporary Worship	Marne	.11 a.m.
Gospel Worship	Victory	.11 a.m.
Traditional Worship	Marne	.9 a.m.
American Samoan	Vale	.11 a.m.
Liturgical Worship	Heritage	.11 a.m.
Kids' Church(K to 6th grade)	Across from Dia. Elem.	.11 a.m.
PWOC (Tuesday)	Marne	.9:30 a.m.

Islamic
Friday Jum'ahMarne1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.

Jewish
Contact Sgt. 1st Class. Crowther at 332-2084.
FridayMarne11:30 a.m.

Hunter Army Airfield

Catholic
Sunday MassChapel11 a.m.

Protestant
Sunday ServiceChapel9 a.m.

Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

Kids Church

Exciting Bible Lessons

with music, puppets, videos, crafts, games

11 a.m. to Noon, Sunday

at School Age Services
(across from Diamond Elementary)

For all kids Grade K-6

Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831

Fort Stewart Chapel Youth Ministry

Junior and Senior High School Students!

Join us for
free games and pizza

6:30 - 8 p.m.

Sunday

at Vale Chapel
in
Bryan Village.

For more information, call

877-7207

Attend Marriage 101

The unit ministry team conducts a marriage 101 seminar the fourth Tuesday of every month from 9 a.m. to 3 p.m. at Victory Chapel.

The session is for singles, engaged couples, newlyweds, and seasoned partners. The materials are provided as well as lunch.

For more information or to make reservations, call the Family Life Chaplain, at 767-7028.

Liberty County Mass Choir

Rehearsals are 7 p.m. every Tuesday at First Presbyterian Church, Hinesville.
Contact Cathy Goolsby to get your book and rehearsal CD at machllube@coastal.net or 369-4818; or contact Ronald Calhoun at rcalhoun@schoolofchurchmusic.org or 247-3424.

Hunter Youth Ministry

You are invited to a musical praise and workshop, with free tickets to see the

Jeremy Camp and Band

with special guest **Mainstay**

live and unplugged 7 p.m. Oct. 17,
Calvary at Savannah, GA

Contact Charles Archer for reservations or transportation at 315-5934.

HEALTH MATTERS

Winn Army Community Hospital

Deployment effects on children

Linda Richards and Kirsten Pollick
Behavioral Medicine Division

Deployment is a situation that affects many people physically and emotionally. Adults seem to learn how to cope with the situation, but children sometimes are a different story.

Children don't always express how they feel about their parent's deployment and may respond differently to each stage of deployment. They may show anxiety and worry by isolating themselves or through angry outbursts, behavioral difficulties, acting out, poor academic performance, losing interest in activities they previously enjoyed, and depression. Parents and teachers should watch for these signs in their children and students.

During the pre-deployment phase, some children and adolescents may distance themselves from the deploying parent or become angry with him or her. When the actual deployment time comes, children and adolescents may be confused about what this means to them and their family.

They could also get upset about losing a parent from their everyday activities, and be concerned for their parent's safety. Additionally, they may also have conflicting feelings ranging from being angry about the deployment to being proud of their Soldier parent.

Children and adolescents may feel that confiding in friends and family about their feelings is a burden or that people wouldn't understand them. They could also be concerned about how their relationship with the deployed parent may change, maturing during the parent's absence, and wonder if that parent still expects them to be the same when they come home.

Post-deployment also raises a num-

ber of issues for children and adolescents. They may be concerned about recognizing their Soldier parent due to weight loss or other physical changes. Some may find it difficult to reintegrate the absent parent back into the Family. Routines and responsibilities may have changed that the absent parent is unaware of.

Here are some tip for adults to consider regarding children and deployments. They're taken from a Military Family Research Institute and Defense Department Quality of Life Office study conducted in June 2004. It focused on adolescents' adaptations in military Families when a parent is deployed.

- Because older and younger children understand the situation differently, parents should use age appropriate language when discussing deployment.

- Parents should recognize that children may be just as conflicted as they are about the deployment. Children may be happy and unconcerned one minute, and tearful and distressed the next.

- Parents should recognize that anger is a normal response to the situation. This requires parents to help children deal with anger productively.

- Encourage Families to engage together in fun activities before the parent deploys. This gives children a positive focus on the upcoming deployment and not a negative one.

- Parents can help children most by modeling healthy behaviors and expressing emotion.

There are multiple Army-sponsored programs for children up to age 12. It's important to address these issues with pre-teens and adolescents as well.

It's also important to help them identify and express their feelings.

Winn Briefs

Get ready for your flu vaccine

With the upcoming influenza season, stay posted for times and locations to receive your flu vaccine.

Breast Cancer Awareness Month

October is Breast Cancer awareness month. Winn Army Community Hospital's Public Health Nursing will host educational booths throughout the month at various locations. Tuttle Army Health Clinic from 1 to 2:45 p.m., Oct. 17. Winn's main lobby from 9 a.m. to 1 p.m., Oct. 18. Stop by and pick up breast cancer information booklets as well as ask questions to the Public Health Nursing staff.

Orthopedic, Podiatry Clinic moving

Winn Army Community Hospital's Orthopedic and Podiatry Clinic will be relocating to the Lloyd C. Hawks Troop Medical Clinic, 192 Lindquist Road, Fort Stewart. The clinic will be closed Oct. 23-25, but emergency treatment will be provided through Winn's Emergency Department.

A Fracture Clinic only will be held Oct. 26 and 29 at the new Hawks Clinic location. The entire Orthopedic and Podiatry clinic will open at its new Hawks Clinic location Oct. 30. For more information, please call 435-6633.

Patient and Family Centered Care

Interested in becoming a patient advisor? Help us help you by joining the Patient and Family Centered Care Advisory Council meeting at Winn Army Community Hospital. Winn's meeting is scheduled for 11 a.m. Oct. 22 at Club Stewart. Questions? Call Linda King at 435-6225 or e-mail Linda.king2@se.amedd.army.mil.

Patient and Family Centered Care standards include involving patients and families in all aspects of the planning and delivery of healthcare services.

Volunteers welcome

Winn Army Community Hospital is seeking adult volunteers who are interested in performing administrative, clerical or clinical duties throughout the hospital. The next hospital volunteer orientation is scheduled for 9 a.m. Nov. 1 in the Patriot Auditorium at Winn. For more information, call Brigitte Roberts, 435-6903, e-mail brigitte.roberts@se.amedd.army.mil.

Strategies for staying healthy class

This class offers strategies for staying

healthy. Upon completion of the class, individuals will be given an over-the-counter pharmacy card for use at Winn. The class is held the second Wednesday of each month 2 to 3 p.m. To register, call 435-5071.

I'm pregnant. Now what?

Congratulations on your pregnancy. Prenatal care is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health Clinic at Hunter Army Airfield. Pregnancy tests are available. Active duty Soldiers need a documented pregnancy from the laboratory. Civilian spouses may confirm pregnancy with a home test or by a hospital urine test.

Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle. You can also make appointments in person.

The Women's Health Center One Heart...One Purpose...One Team.

TRICARE for Life

Upon receipt of your Medicare Part B enrollment or three to six months prior to your 65th birthday, go to the TRICARE Service Center at 852 Harmon Ave., Bldg. 202, Fort Stewart to select a civilian Primary Care Manager and receive more information about your health benefits/options available to you or call 1-800-444-5445.

Fix DEERS to receive healthcare

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive healthcare referrals, schedule appointments or access TRICARE Online. DEERS information can be updated by calling 1-800-538-9552, visiting www.tricare.osd.mil/deers/default.cfm or stopping by Building 253 on Fort Stewart.

Tuttle Army Health Clinic hours

Tuttle Army Health Clinic is open Monday- Friday 8 a.m. to 5 p.m. The pharmacy, laboratory, radiology and medical records are also open Monday- Friday 8 a.m. to 5 p.m. The clinic is closed the fourth Thursday of every month from 8 a.m. to 1 p.m. for training. For more information, call 315-6500/6811.

Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer.

You can book your appointments online at the TRICARE online Web site, www.tricareonline.com. This link is also available through the Winn Web site at www.winn.amedd.army.mil.

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

April 24

Richard Crozier Simpson IV, a boy, 8 pounds, 2 ounces, born to Richard Simpson III and Stephanie Simpson.

July 15

Gavin Gregory, a boy, 7 pounds, 6 ounces, born to 38th Ord. Kevin Gregory and Tina Gregory.

August 20

Malaya Sharlyn Black, a girl, 7 pounds, 9 ounces, born to Spc. DaBrett Black and Pfc. Rachael Benton.

September 7

Maevae Eire Cutter, a girl, 9 pounds, 5 ounces, born to Sgt. Edward J. Cutter, Jr. and Nancy K. Cutter.

September 9

Shane Logan O'Neal, a boy, 15 ounces, born to Spc. Brian J. O'Neal and Rachel O'Neal.

September 11

Logan Ebann Lennox, a boy, 6 pounds and 7 ounces, born to Pfc. Cinton Ebann Lennox and Amy Lenea Lennox.

September 16

Alyssa Zoi Harding, a girl, 7 pounds, born to Spc. Ronald James Harding and Anastacia Harding.

Kasandra Jo People, a girl, 8 pounds, born to Spc. Joseph Peoples and Christina People.

September 18

William Joseph Prokopowicz, a boy, 8 pounds, 5 ounces, born to Cpt. Jeffrey

Prokopowicz and Marisol Prokopowicz.

September 19

Keegan Kade Smith, a boy, 7 pounds, 8 ounces, born to Pfc. Larry Smith and Katy Smith.

Isaiah Alexander Whitlock, a boy, 8 pounds, 8 ounces, born to Sgt. Timothy Dwayne Whitlock and Jennifer Ann Whitlock.

September 20

Stefphon Xavior Appel, a boy, 7 pounds, 7 ounces, born to Spc. Joel Joshua Appel and Spc. Magan Ann Appel.

Wyatte Cole Hawes, a boy, 8 pounds, 14 ounces, born to Spc. Eric Lee Hawes and Angela Hawes.

Justice Logan Lions, a boy, 6 pounds, 14 ounces, born to Spc. Michael W. Lions and Catherine M. Lions.

Joanna Elise McCall, a girl, 8 pounds, 10 ounces, born to Spc. Joseph P. McCall and Tana E. McCall.

Jayden Michael Patrick, a boy, 9

pounds, 4 ounces, born to Staff Sgt. Maurice Patrick and Sandy Patrick.

Maya Teresa Renkiewicz, a girl, 7 pounds, 14 ounces, born to Spc. Michael Earl Renkiewicz and Magela Renkiewicz.

Ka'Lani Amina White, a girl, 8 pounds, 4 ounces, born to Sgt. Ta'Wone Lerenze White and Dorothea White.

Morgan Breonna Woolfolk, a girl, 7 pounds, 12 ounces, born to Staff Sgt. Marcus Woolfolk and Amy Woolfolk.

Volunteer Spotlight

Cathy Clater of Augusta, is an American Red Cross volunteer working in Human Resources Department at Winn Army Community Hospital.

Clater volunteers because she enjoys meeting and helping people and volunteering is a way to give back some of her extra time.

Her interests and hobbies include talking on the phone, reading, going to the park and spending time with her family. If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 435-6903.



Meet Dr. (Capt.) Shawn Kapoor

Pediatrician

Specialty: Pediatrics
Medical Degree: West Virginia School of Osteopathic Medicine



Winn Army Community Hospital
1061 Harmon Ave. Fort Stewart, Ga.
(912) 435-6965
www.winn.amedd.army.mil

Q-West celebrates Hispanic heritage month



Pfc. Gaelen Lowers

Command Sgt. Maj. Robert Tolbert, command sergeant major for the 3rd Sustainment Bde., dances with Capt. Frances Hamel, 3rd Sustainment Bde., Staff Judge Advocate, during the Hispanic Heritage Celebration at Forward Operating Base Q-West Sept. 29.

Pfc. Gaelen Lowers
3rd Sustainment Brigade

Forward operating base Q-West – QAI-YARA, Iraq – “Buenas tardes, damas y caballeros,” said Capt. Rhea Hutchins, commander of Headquarters and Headquarters company, Special Troops Battalion, 3rd Sustainment Brigade, at the beginning of Forward Operating Base Q-West’s ceremony celebrating Hispanic Heritage Month Sept. 29.

This year’s celebration honored the phenomenal Hispanics that have contributed significantly to the nation said Lt. Col. Douglas McBride Jr., commander of the Special Troops Battalion and host of the Hispanic celebration.

McBride spoke of how Hispanic heritage month came to be and also his upbringing in the Caribbean, his Hispanic heritage.

“Formally celebrating the Hispanic culture started in 1968, when Congress authorized President Lyndon Johnson to proclaim National Hispanic Heritage Week, and this observance was expanded in 1988 to a month-long celebration to honor our nation’s Hispanic heritage,” said McBride. “In 2002, to honor the achievements of Hispanic Americans, Congress authorized and requested the President to issue annually a proclamation designating Sept. 15 through Oct. 15, as “National Hispanic Heritage Month.”

Great Hispanic writers, musicians, athletes and actors were mentioned and celebrated on this day including poet Julia Alvarez, singer Jennifer Lopez, actress Selma Hayek and baseball legend, Roberto Clemente.

“In 1955, Roberto Clemente was drafted by the Pittsburgh Pirates and started as their right fielder,” said Sgt. 1st Class Luis Medina of the ST B, 3rd Sustainment Bde. By 1960, Clemente was a dominant player in professional baseball, helping lead the Pirates to win both the National League Pennant and the World Series.”

“Tragically, Roberto Clemente’s life ended on December 31, 1972 in a plane crash while en route to Nicaragua with relief supplies for earthquake victims,” said Medina. “For his ‘outstanding athletic, civic, charitable and humanitarian contributions,’ Roberto

Clemente was awarded the Congressional Gold Medal by the United States Congress in 1973.”

There were traditional Hispanic dance performed by some of the Soldiers on FOB Q-West. After the dances were performed, the dancers went into the audience and picked out a few lucky audience members to come try their skill at dances such as the Merengue, the Salsa and the Bachata.

The honorary guest speaker for the night was Lt. Commander George E. Segredo, a navy officer assigned as the Brigade Electronic Warfare Officer for the 3rd Sustainment Bde. at FOB Q-West.

Segredo spoke of Hispanic heritage and the accomplishments and contribution Hispanics have made to U.S. culture, politics and our general way of life.


“The first confirmed European landing in the continental US was by Juan Ponce de Leon, who landed in 1513 at a lush shore, so covered with plants and flowers, he christened it La Florida,” said Segredo. “Within three decades of his landing, the Spanish became the first Europeans to reach the Appalachian Mountains, the Mississippi River, the Grand Canyon and the Great Plains.”

“There have been 21 U.S. Representatives, five senators, three city mayors, three governors, four cabinet members and two Surgeon Generals,” said Segredo. “In the Army, there have been two Hispanic generals.”

Segredo told of how Hispanic culture is embedded in everything from our language to our cityscapes, from what we eat, to what music we listen to.

“Taco Bell, Cameron Diaz, Sammy Davis Jr., Gloria Estefan, Alex Rodriguez, Oscar de la Hoya are just some of the great Hispanic men and women that have helped shape our country and the world,” said Segredo.

“But with all this, we are not here celebrating them just because they are of great Hispanic heritage. It is because they are of great American heritage,” said Segredo. “Whether Irish or Italian, Chinese or Czechoslovakian, German or Japanese, or Hispanic, all these cultures add spice to the great melting pot that makes the United States of America the greatest nation in the world.”



Ft. Stewart/Hunter Morale, Welfare and Recreation

2007 College Probe
11 Oct – 9 a.m. to 12 p.m., Club Stewart Ballroom
Over 70 college and technical school representatives will be on hand to answer questions. Open to High School students, Soldiers & Family members. Financial assistance info available. 767-4491.

“Sweetest Day” at Corkan Family Recreation Area
15 October – Corkan Facilities
Come and let Corkan staff recognize you as “Our Sweetest” with a special treat. 767-4273.

Baby Talk Hour Group @ HAAF
16 Oct – 10 to 11 a.m., ACS,
New Gannam Community Center
First time parents with infants (up to 12 months) explore parenting experiences and learn about infant development, caring for baby & self, deployment and more. Infant massage demonstration available. Babies welcome. 315-2746.

German Heritage Week @ FS and HAAF Libraries
17 Oct
10 to 1030 a.m., HAAF Library – Story with discussion about German customs. 315-2403.
3:30 p.m. – FS Library – Story with discussion about German customs. Related crafts. 767-2838.

Plant Your Money Tree Seminar
17 Oct – 6 to 8 p.m., Club Stewart
Presented by ACS on savings and investment tips. How to start a Thrift Savings Plan, 529 (education) IRA and retirement IRA. 767-3058.

Ballroom Dancing @ HAAF
17 Oct – 7:15 to 9 p.m., Hunter Fitness Center
Learn foxtrot, waltz, tango, rumba, cha-cha, merengue, and swing. No partner necessary. 315-5078.

GC Golf Scramble
19 Oct – 8 a.m., Taylors Creek Golf Course
Early Bird Registration deadline: 18 Oct: \$25 for members/\$30 for non-members. Day of event: \$35 for members/\$40 for non-members. First 25 teams only. 767-2370.

The Great MWR Post-Wide Yard Sale
27 Oct – 8 a.m. to 2 p.m., Club Stewart Parking Lot & Homes Throughout Post Housing
Spaces are available at the Club Stewart location for \$5 a space. Anyone from Active Duty Military, Family members, National Guard, Reserves, retirees & DA civilians are eligible to sell items. The sale is open to the public. All items are eligible to be sold, except for weapons, food, and retail items, such as, Aron, Tupperware, etc. Spots are limited, so reserve your space today! Registration deadline is 26 Oct. 767-8238.